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CITY OF HARTFORD

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***FROM THE MAYOR'S OFFICE, THE DEPARTMENT OF HEALTH AND HUMAN SERVICES,
EMERGENCY SERVICES AND TELECOMMUNICATIONS AND THE HARTFORD FIRE DEPARTMENT***

--- News and Community Release---

Due to the high heat, Mayor Pedro Segarra, the Department of Health and Human Services, Emergency Services and the Hartford Fire Department are jointly issuing a Health Advisory to help all Hartford residents stay healthy. To help beat the heat, Mayor Segarra and HHS will open cooling centers on Wednesday, June 8th, and throughout the week until further notice.

A cooling center is a temporary air-conditioned public space set up by local authorities to deal with the health effects of a heat wave. Usually sited at several locations throughout the city, cooling centers are meant to prevent hyperthermia, especially among the elderly without air conditioning at home. Cooling centers provide shade and water along with referrals to social services. Please visit us at the following locations:

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| Parker Memorial Community Center | 2621 No. Main Street | Open 10:00am to 8:00pm |
| Pope Park Recreation Center | 30 Pope Drive | Open 10:00am to 8:00pm |
| Metzner Center | 680 Franklin Avenue | Open 10:00am to 5:00pm |
| North End Senior Center | 80 Coventry Street | Open 10:00am to 5:00pm |
| South End Senior Wellness Center | 830 Maple Avenue | Open 10:00am to 5:00pm |
| Parkville Senior Center | 11 New Park Avenue | Open 10:00am to 5:00pm |
| Hispanic Senior Center | 45 Wadsworth Street | Open 10:00am to 5:00pm |

The Hispanic Health Council, 175 Main Street will open its doors to residents for relief from the heat from 10:00am to 5:00pm.

HHS urges city residents to take the following precautions during this heat alert.

1. Stay hydrated by drinking plenty of water--- especially the elderly, children, and those with respiratory illnesses.
2. Avoid prolonged work in the sun or in poorly ventilated areas.
3. Stay in cool, air-conditioned environments.
4. Do not leave children or pets unattended in vehicles.
5. Check in on elderly family members and/or neighbors often.

If severe weather strikes or if there's a power outage, the American Red Cross recommends:

1. Pick a safe place in your home where there are no windows, skylights or glass doors.
2. Unplug appliances.
3. Have a flashlight ready and do not use candles.
4. Avoid opening the refrigerator or freezer.

HHS advises residents and businesses to take precautions against food-borne illnesses that can occur during oppressive heat because of accelerated bacteria growth. Here's what you can do:

1. Wash hands well and often with soap and water.
2. Wash surfaces when cooking, keeping raw food separate from cooked food.
3. Marinate in the refrigerator and not on the kitchen counter.
4. Cook food thoroughly using a meat thermometer.
5. Refrigerate and freeze food promptly, including leftovers.